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THE AFFORDABLE CARE ACT

HITS CLOSE TO HOME?

By Aidan Regan

"We're doing the initial plan," Trump said. "ObamaCare, we're in final stages. We should be submitting in March, early March, I would say," President Donald Trump said at a press conference on Feb. 16. His move to repeal the Affordable Care Act (ACA), also known as ObamaCare, was a major cornerstone of his campaign.

On Feb. 16, House Republicans presented the outline of a plan to repeal and replace the ACA, which extended coverage to 20 million people. "While we could simply allow the law to collapse, that would not be fair to the American families struggling under ObamaCare," the document outlining the plan said.

"When the House returns after President's Day, we will act to repair the damage done by ObamaCare by repealing the law and replacing it with a better system," it said.

The specifics of what to repeal and what to replace are still uncertain and divisive among party members. Many are skeptical that Congress will manage to repeal the ACA by Trump's March deadline.

"It took months to write ObamaCare, the original bill, and years to phase it in," Oklahoma Representative Tom Cole said. "It is going to take time to unwrite it and replace it with something else."

"ObamaCare won't be repealed and replaced any time soon. Instead, it will be quietly eroded," former Secretary of Labor Robert Reich wrote on Facebook. "Killing the Affordable Care Act outright is politically impossible. It looks like Trump has chosen death by a thousand cuts."

The outlined Republican plan envisions major changes to Medicaid, a program that provides health care to 69 million low-income adults, children, the elderly and people with disabilities. Right now, states and the federal government fund Medicaid. The Republican plan would put it on a budget. According to the *New York Times*, the plan would scale back federal funding by forty percent in states that expanded Medicaid coverage under the ACA.

The plan would replace ACA's subsidies, which help the poor afford healthcare coverage by increasing a person's subsidies as their income decreases. Instead, the plan would provide fixed monthly tax credits that change with a person's age, but not their income.

The plan would also expand Health Savings Accounts (HSAs). HSAs are tax-advantaged and available to those enrolled in high-deductible health plans. A recent study on HSAs published in the health policy journal *Health Affairs* found that the accounts are disproportionately held by those with higher incomes.

According to the document outlining the plan, HSAs will "empower Americans and unleash the forces of choice and competition."

The Republican outline lacked estimates of who would lose and gain coverage under the legislation and how Congress will pay for it.

If Congress repeals the ACA, Donn Marshall, Director of Counseling, Health and Wellness Services (CHWS), hopes that Puget Sound would provide students with health insurance again.

However, a repeal wouldn't effect CHWS' policies since it does not bill health insurance. According to Marshall, billing insurance would require infrastructure the University doesn't have, including employees to handle billing and the ability to manage the regional plans of students from out of state.

"I don't know any college like us who does that," Marshall said. Instead, CHWS provides documentation for reimbursement.

"None of that would change," Marshall said. "I would be more concerned for students that don't have insurance or don't have adequate insurance ... it's the individual students who would have to be making more cost-conscious decisions about their health care."

"I am concerned about a repeal and failure to replace the affordable care act. Before the ACA we had many more students who were uninsured," Marshall said. "There are students here who only have insurance because of the Affordable Care Act's provisions."

Among those provisions are the ability for people to stay on their parent's health insurance plan until age 26 and the inability of insurance companies to deny people insurance because of preexisting conditions.

Before the ACA was implemented in 2010, Puget Sound offered its students an inexpensive but limited health insurance policy. It also served as secondary insurance, covering students' copays.

"It was not an adequate, full-on health insurance policy ... the Affordable Care Act definitions meant that it was no longer a legal policy because it didn't have a high enough dollar limit ... so the University of Puget Sound got out of the business of offering health insurance," Marshall said.

Otherschools,likeWillametteUniversity,switched tohardwaiverstudenthealthinsurance. Schools with hard waiver programs charge students for health insurance negotiated by the University. Students can opt out if they have another insurance plan. Yet, because most plans are regional, hard waiver plans are typically better coverage for students coming from out of state.

"The result of that is that they have more confidence than we have. They have reason to believe that every enrolled student has adequate health insurance coverage," said Marshall. "That seems to me to be the gold standard that colleges, I wish, aspired to."

Student brings awareness to diabetes, hopes for service dog

By Keely Coxwell

In 18 days, sophomore Madi Orton raised \$3,305 via a YouCaring page to get a diabetes alert service dog named Vision.

Orton was eight years old when she was diagnosed with type one diabetes.

"I was diagnosed fairly quickly and my blood sugar was in the 300s. I was directly admitted into the hospital I had to stay [there for] about a week where my parents and I had to learn to do all of the work for my pancreas," Orton said. "My mom has often related it to coming home with a newborn child."

"Diabetes is an autoimmune disease when your immune system attacks you pancreas so the beta cells in your pancreas doesn't produce any more insulin," Orton said. "Without the insulin, glucose would just build up in my blood stream

which is really bad because it can damage all of my organs, which could kill me."

"Growing up we learned how to manage it and it became my new normal. I have to check my blood sugar multiple times a day and take injections and constantly pay attention to every carb that goes into my mouth, every bit of activity I do."

According to the YouCaring page, which was organized by Orton's friend and fellow sophomore Maddy McCombs, "Madi has lived with this disease for almost 10 years and has experienced over 28,928 finger pokes, 5,475 injections, 1,460 pump sites, and has corrected her blood sugar more times than she could ever count. Simply put, Madi lives with type one diabetes nonstop and most people don't even know it."

A few years after Orton was diagnosed she went to a camp

in Oregon for children with type one diabetes called Gales Creek Camp.

"The camp director and her husband had a diabetes alert service dog who could smell the changes in their blood sugar and alter them," Orton said. "I was fascinated by them. So I looked into it for a long time, but most of the programs are very expensive and we couldn't find the right program so it never worked out."

"Normally a service dog is \$20,000-30,000, which is a huge expense, and when you're living with an autoimmune disease that's chronic and has no cure and is never going away — it's incredibly expensive," Orton said. "I have to buy test strips, [a] meter, incline, all the supplies for my pump, needles, my pump is over \$6,000 and I constantly need to buy insulin."

Student brings awareness to diabetes, hopes for service dog

(continued from page 1...) By Keely Coxwell

“In the eighth grade I was in a car accident that damaged my spine. I was passed from doctor to doctor and it threw my diabetes for [a]curve,” Orton said. “The summer before I came to college I relearned to walk, so it really took a huge leap of faith for my mom and dad to allow me to leave home to go to college. They have always been there to help me deal with all of my health things and just to be another pair of eyes.”

“I had to take on a lot of responsibility. I have to be much more diligent in checking my blood sugar and being able to stay on top of things,” Orton said. “I had to be the person who was advocating for myself and making sure that I have all of my supplies and that people understand my condition because it’s an invisible illness.”

Over the last six months Orton’s metabolism has been changing. “I don’t feel my blood sugar drop until they are at a really dangerous level,” Orton said.

“If my blood sugar is too high, the build up of too much glucose could cause me to go into a coma. I could have diabetic ketoacidosis which is when there is too much sugar and there’s an acid change in my blood causing me to go into a coma,” Orton said.

“On the other end, when my blood sugar is too low I [get] shaky and dizzy and just disoriented. I don’t feel those blood sugar lows until I’m in the 50s [milligrams per deciliter] which is scary because that is almost half of what I should be. At that point I could pass out, I could have a seizure, go into a coma or I could just not wake up.”

With all of the changes in her life Orton started considering getting a diabetes alert service dog more and more.

“I found a trainer who has a dog training business called Pieces

of the Universe Dog Training,” Orton said.

The trainer told Orton about a four month old black lab named Vision that she is training. “When he was only eight weeks old he did a scent work shop with an amazing trainer and he was able to find the scent on a nailhead in the middle of a grass field and lay down next to it to alert,” Orton said.

Vision is learning how to alert someone when their blood sugar is low.

“He will paw me three times to alert me or if I’m sleeping he will know how to ring a doorbell to wake me or anyone around me up,” Orton said.

A few weeks ago I went down to meet Vision and I walked in there and I was like, ‘this is my dog,’ Orton said. “This whole situation seems too perfect to be real; I kind of feel like I’m in a dream.”

“For me to take him home in May is \$11,000 and then the training over the summer is another \$1,000 so all together \$12,000 with a \$2,000 deposit that goes towards that overall amount,” Orton said. “I’ve been fundraising to be able to afford this. We set up the YouCaring on Feb. 2, and since then we have raised the \$2,000 deposit. So Vision is essentially mine.”

Orton will start giving out bracelets with “Vision: A Dog with a Mission” on them with every donation so she can reach her goal of \$12,000.

“If anything I’ve learned though all my health stuff and just growing up,” Orton said, “it’s to just take the things that could get me down and turn them into an opportunity for growth and embrace them and do everything I can to turn them into a better situation.”

You can donate at <https://www.youcaring.com/madisonorton>.



PHOTO COURTESY OF MADI ORTON

Madi and Vision: Puget Sound sophomore raises funds for diabetes service animal, pictured here

CICE’s First in the Family offers support for first generation college students

By Nayra Halajian

“Try to imagine feeling comfortable in your identity by sharing with those who starkly contradict it; it’s pretty difficult,” said senior and first-generation student Julia Lin.

On Feb. 15, the Center for Intercultural Engagement (CICE) launched its new spring series titled First in the Family. The series is meant to support first-generation college students.

“A first-generation college student is defined as a student whose parent(s)/legal guardian(s) have not completed a bachelor’s degree. This means you are the first in your family to attend a four-year college/university to attain a bachelor’s degree,” according to the flyer advertising the series.

The first meeting of the three-part series, held in the Social Justice Center, was a First-Generation Faculty and Staff Panel, and First-Generation Student Mixer.

The discussion was led by Director of Intercultural Engagement Vivie Nguyen, and those in attendance included University Chaplain Dave Wright, Associate Professor of Psychology David Andresen, Assistant to the Office of Diversity & Inclusion Mary Clements, Dean of Students Mike Segawa, Resident Director Daniel Lee, Professor of Communication Studies Susan Owen, Visiting Assistant Professor of Biology Carrie Woods and multiple first-generation students.

Topics of conversations ranged from the personal experiences of faculty to student experiences and then to advice on how to manage work and school in a time- and cost-effective way.

“These conversations centered around first-generations are necessary for, I would argue, two main reasons: (1) upholding

the integrity of a quote-un-quote ‘diverse and inclusive’ campus community and (2) giving voice to a narrative that is often silenced in the experience of higher education,” Lin said in an email.

In an email discussing the origin of the series, University Chaplain and First-Generation Puget Sound alumnus Dave Wright commented, “We’ve been asked for years, on and off, to explore resources or support for first-gen/first in family college students at UPS, and with Vivie’s arrival a year ago and some good partnership with Brittney Jackson in Admission, CICE was able to dream big during the fall.”

“After holding open-invitation discussion groups twice in the fall, during which we wanted to hear what were some of the needs current first-gen students were interested in or wish they’d had earlier in their careers,” Wright continued, “we decided to launch the three-part series that’s now underway.”

“My own commitment to this is fairly personal; in addition to being witness to the struggles of some of our first-gen students the last decade, hearing and seeing those stories has made me amazed at how I got through Puget Sound,” Wright said.

Pulling from her personal experiences, Lin stated, “Something that I always return to coming into these conversations are the tension-ridden memories of my first semester here. Although I was quite transparent about my status as a first-generation student (and the load of obstacles the title comes attached with), I was constantly reminded of how my narrative was worlds apart from the dominant narrative at school, whether it came from students [or] those

working in SFS (student financial services, faculty, etc.).”

“My hope is that having some connection amongst some of the first-gen faculty and staff will actually equip us to better support current first-gen students; during one of the discussions in the fall, I was shocked and moved almost to tears when I found myself resonating strongly with some of the frustrations and experiences students were sharing,” Wright said.

The next two meetings, planned for March 22 and April 19 from 5:00 p.m. to 6:30 p.m. in the Social Justice Center on 13th street and Lawrence street, will center on topics of financial aid and scholarship opportunities, and career planning and fellowships, respectively.

WHERE TO FIND THE TRAIL

BLACK BEAR YOGURT
BLUEBEARD COFFEE
CAFE BROUSSEAU
METRONOME COFFEE
SHAKABRAH JAVA

SECURITY UPDATES

The following incidents occurred on-campus and were reported to Security Services between February 14, 2017 and February 20, 2017:

(1) Suspicious Circumstances: A student reported discovering a hidden camera in their room in a residential area on campus. The incident is being investigated by the university and by Tacoma Police. There is a student suspect.

• (1) Drug Violation: The fire alarm was activated in a university residence due to suspected marijuana use in a room.

• (1) Motor Vehicle Theft: A student reported the theft of their vehicle from campus. The vehicle is a Toyota Highlander and it was parked on N. Lawrence near N. 12 Street.

• (1) Theft: A staff member reported an artifact missing from a cultural display in the atrium of Wyatt Hall.

• Crime Prevention

• Be mindful of personal and university property by keeping it secured or with you at all times. This includes office areas and residential spaces.

• Do not leave valuables in your vehicle. Doing so attracts thieves.

• Secure your residence and/or room – especially at night while sleeping

• Good quality “U-Bolt” style locks are highly recommended. Use additional locks to secure high end components (wheels, etc.) to the bicycle when stored.

• Always immediately report suspicious activity to Security Services (253.879.3311 or ext. 3311) or Tacoma Police (911).

• Security Services

Security is open and staffed 24/7 to serve the university community.

• Utilize the Security Courtesy Escort Service if you find yourself walking alone on campus – especially at night. This service is also available to some areas off-campus.

• Please update the university with your cellular telephone number. We need it to send you important Security Alert messages. Do this at myPugetSound.

• Visit our website and check us out on Facebook to learn more about our services and stay up to date on campus security.

• Let us know if you have information about any of the incidents described above. Please review the training video: Shots Fired on Campus located at www.pugetsound.edu/emergency.(Puget Sound username and password required.)

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The Trail is an independent, student-run organization funded by ASUPS. The Trail seeks to produce a credible weekly newspaper that serves as a comprehensive source of information relevant to its readership. The Trail acts as an archival record for the university, serves as a link between University of Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse.

Visit trail.pugetsound.edu for the full mission statement.

Four states proposing ‘Freedom of speech on college Campuses’ bills in wake of Yiannopoulos shutdowns

By Val Bauer

Public college campuses in certain states will be required to host invited speakers, regardless of protests, if Republican lawmakers pass bills currently in progress that seek to enforce freedom of speech on college campuses.

The issue of free speech on college campuses has been widely discussed due to the protests of radical right-wing Breitbart writer and controversial figure Milo Yiannopoulos, who is currently speaking at campuses on his “Dangerous F***** Tour.”

Yiannopoulos was invited to speak at the University of Washington (UW) Seattle campus by the school’s College Republicans group on Jan. 20. The event ended in the shooting of “anti-racist organizer” Josh Dukes, according to a statement released by Industrial Workers of the World (IWW).

Yiannopoulos was also supposed to speak at the University of California Berkeley (UCB) campus, but the event was cancelled due to protests which led to property damage.

According to a statement released on UCB’s website, “a group of about 150 masked agitators who came onto the campus ... interrupted an otherwise non-violent protest.”

In its statement, UCB included that “campus officials ... regret that the threats and unlawful actions of a few have interfered with the exercise of First Amendment rights on a campus that is proud of its history and legacy as the home of the Free Speech Movement ... [although] Yiannopoulos’ views, tactics and rhetoric are profoundly contrary to those of the campus.”

Yiannopoulos wrote on Facebook that he is “planning to return to Berkeley to give the speech [he] was prevented from delivering, hopefully within the next few months.” He further incensed political opponents on Feb. 5, posting, “Just booked a VERY special guest for my return to UC Berkeley. The regressive Left are going to LOSE THEIR MINDS.”

Yiannopoulos vocalized his dissatisfaction with UCB’s decision to cancel his speech. In response to Donald Trump’s tweet on Feb. 2, Yiannopoulos stated, “If UC Berkeley does not allow free speech and practices violence on innocent people with a different point — NO FEDERAL FUNDS?” in a Breitbart article entitled “President Daddy, tear down their funding.”

According to the website Heatstreet, four states are currently “considering legislation that would ensure free

speech on college campuses and prohibit universities from shielding people from offensive and controversial ideas.” These states are Virginia, Colorado, North Dakota and North Carolina. Tennessee is also considering a campus free speech bill, according to The Tennessean.

The Virginia bill, “HB 1401,” “prohibits public institutions of higher education from abridging the freedom of any individual, including enrolled students, faculty and other employees, and invited guests, to speak on campus, except as

The North Carolina bill, entitled the “Restore Campus Free Speech Act,” is currently being written by Republican Lt. Gov. Dan Forest and the General Assembly, according to “National Review.”

The Tennessee bill, dubbed the “Milo bill” by Rep. Martin Daniel, R-Knoxville, is “designed to implement oversight of administrators’ handling of free speech issues,” according to *The Tennessean*. Senator Joey Hensley, R-Hohenwald, “said the bill was specifically tailored to defend students with

conservative views that he said had been silenced in the past.”

Critics assert that freedom of speech is already protected under the First Amendment, making the bills redundant. However, supporters of these bills argue that the First Amendment is not being enforced, which makes these bills necessary, according to “National Review.”

On the University of Puget Sound’s website is a brochure entitled “Freedom of Speech,” in which the University asserts their stance on the issue of free speech on campus.

“While freedom of speech is at the heart of a democracy and a liberal arts education,” it states, “it must be exercised in a manner that respects the rights of others and is consistent with University policies.”

Puget Sound’s “Integrity Principle,” which incoming students must recite during

matriculation, is central to the school’s Student Integrity Code. Created by the Student Senate, according to the University’s website, the principle entails “the open exchange and challenge of beliefs, without rancor [and] the right of all to speak and to listen, without penalty; the need to care for others and be cared for, without possessing or being possessed.”

Part of the Integrity Principle is “a balance ... between freedom of expression and freedom from threats to safety,” as “hostility has no place in open and honest learning,” the brochure states. Furthermore, “the University does not tolerate language or actions that threaten specific harm to individuals or groups.”



Milo Yiannopoulos: controversial speaker and writer

PHOTO COURTESY OF WIKI MEDIA COMMONS

otherwise permitted by the First Amendment to the United States Constitution,” according to Virginia’s Legislative Information System. As of Feb. 20, HB 1401 has passed the state Senate.

The Colorado bill “Senate Bill 62” seeks to “eliminate free-speech zones, [thereby] ensur[ing] the free exchange ideas on a college campus,” according to The Denver Post. According to the legislature-tracking website LegiScan, as of Feb. 16, the bill has been introduced in the state House.

The North Dakota bill, “HB 1329,” is “a response to an ‘attitude that free speech is not free speech’ on campuses where [Rep. Rick Becker, R-Bismarck] said expression is discouraged by university policy,” according to The Bismarck Tribune.

The bill has passed the state House as of Feb. 6.

STATEMENT FROM ECO CLUB: The ECO club has sent the Trail a statment regarding the Divest UPS campaign. The full statement can be read online: [Campus Community](#).

In response to the student led Divest UPS campaign in the spring of 2016, the Finance and Facilities Committee of the Board of Trustees created a Fossil Fuel Free Portfolio to serve as an alternative to our current endowment’s exposure to fossil fuels. More recently, in January of 2017, the Board seeded the portfolio with one million dollars from our original endowment. This amount represents less than one percent of our 320 million dollar endowment in the Fossil Fuel Free Portfolio, which has left the Coalition for the Divestment of the University of Puget Sound deeply unsatisfied. The University of Puget Sound is a leading academic institution in a time of climate chaos, and students, faculty, staff, and alumni have come together to demand action. Students have asked members of the Board of Trustees to advertise this new Fossil Fuel Free Portfolio in hopes of reducing future donations’ exposure to carbon. This request was denied. Instead, the Board suggested that students promote the portfolio. Such inaction to advertise the portfolio exemplifies the Board of Trustees’ attempt to sideline a call for climate accountability by the University of Puget Sound community. The unwillingness to advertise the Portfolio only highlights the Board’s inability to take pride in the very solution they have created.

Puget Sound finds new outlet for journalism on campus

By Matthew Gulick

Students can now take a new Journalism activity credit, a pertinent class on how the media works in an era of increasingly contentious news. The pass/fail quarter credit is taught by Kari Plog, former writer for the Tacoma “News Tribune” and current advisor to The Trail. Functioning as a kind of crash course to the field, students gain insight on a variety of topics including conducting research, interviewing, source credibility, how to explain an issue coherently and more.

The class features several guest speakers, from the Executive Editor of the “News Tribune” Karen Peterson to Seattle-based Pulitzer Prize-winning journalist Mike Baker.

Plog majored in journalism at Pacific Lutheran University where she ran the student paper. While there she also won a collegiate Emmy for a documentary on the Oil industry.

At the “News Tribune” she worked her way up the newsroom, eventually spending the majority of her time as Government and Community reporter. She no longer works in journalism beyond her capacity as advisor to The Trail.

This is Plog’s first teaching experience. One difficulty she has expressed is the brevity of the course. In this class, she is taking a whole degree’s worth of material and compressing it into a weekly one-hour lesson. As such, some material is glossed over out of necessity.

For the duration of that hour, Plog focuses the class on a specific aspect of journalism. She opens the class with a lecture on the given topic, then has the students break into small

groups to analyze examples. For example, the Feb. 14 session focused on lede writing — how to craft the first few sentences of a story to be informative and pique the reader’s curiosity.

The University has not offered a journalism major in over 20 years. Currently they offer no other media studies classes. Noting this lacuna, Plog mentioned that such courses are offered by many public schools elsewhere in the western world.

“It is interesting that U.P.S. doesn’t offer journalism studies considering how a liberal arts education is supposed to produce students that think critically and prepare them for a well-rounded career,” she said.

Plog believes that students derive substantial benefit from this study in media literacy. Learning how to research and write an article provides much-needed insight as to why a publication would run it. By understanding the tools of the trade, people are better equipped to recognize bad, biased, or outright false reporting. She linked this lack of knowledge with the recent proliferation of fake news articles and general attitudes toward the media.

The 21 students in the class come from a variety of disciplines, but many have echoed Plog’s sentiment and expressed interest in further studying journalism. Several have even said they would major in it, if given the opportunity.

Junior Cory Beale, a Geology and Environmental Policy Double major, says that he took the activity credit due to his interest in journalistic podcasts like “99% Invisible” and “This

American Life.” He wants to better understand how such podcasts are made.

“I would be interested in a full credit media course, especially if we could learn to make our own podcasts,” Beale said. Beale also added that investigative environmental journalism would be an interesting career to explore.

Beale also said that he has gained a much deeper appreciation for what print journalists do, and that the people at the top have worked hard to get there. “The class is great,” Beale said, “[and] everyone would benefit from being able to identify quality journalism.”

Quality journalism is a topic of serious debate in 2017. The current White House administration is infamous for painting journalists as “enemies” and labeling detractors as “fake news.” Despite the fact that most American media is owned by just five corporations, Plog is actually optimistic about the future of journalism.

“Because journalists have to be more diligent to get things right it’s forcing them to be more pointed,” Plog said. She sees increased public interest in informed journalism and feels that “Journalism is never going away. There will always be journalism.”

If students are interested in finding out more, Plog encourages them to contact her at plogkr@gmail.com. Plog stressed that the only way more journalism classes will be offered at Puget Sound is if students express their interest to faculty.

Opinions contained herein do not necessarily reflect the views of The Trail staff, ASUPS, the University or its Board of Trustees. Articles and letters in the Opinions section are printed at the discretion of the Trail editorial staff. The Trail reserves the right to refuse any letters submitted for publication. Letters to the editor will not be edited for grammar, spelling, or content, except in the case of material that is considered to be offensive, as determined by the Trail style guide. All letters to the editor must be signed and must have an email address or phone number. Letters for publication the following Friday are due no later than Monday at noon and may be sent to: The Puget Sound Trail, 1095 Wheelock Student Center, Tacoma, WA 98416 or trail@pugetsound.edu.

Political correctness

Do benefits of sensitivity outweigh polarizing consequences?

By Karlee Robinson

I've found myself recently referencing an old quote of Hunter S. Thompson: "Life has become immeasurably better since I have been forced to stop taking it seriously." In an environment of self-serving beings, the best approach to living is to speak candidly, authentically, and continually remind yourself of how irrationally constructed the systems which define our existence and characterize our irrationalities are.

As defined by Merriam-Webster, political correctness is "conforming to a belief that language and practices which could offend political sensibilities (as in matters of sex or race) should be eliminated." With the recently increased popularity of fake news, not only journalists, but all active and inactive members of our nation's community, are forced to acknowledge the polar beliefs circulating the conversation of political correctness.

A mutual understanding and acceptance of politically correct language is only achievable in a homogenous culture. With the objective of avoiding offensive and oppressive rhetoric, discussion of political correctness turns into discussion of conflicts of opinion. This subjective characterization makes political correctness' ideal unattainable on a nationwide scale. I do not mean to dismiss equality as an unreasonable ideal, but rather

understand that the battle for equality may mean achieving a middle ground in language.

More important than analyzing the objective of political correctness is analyzing the two results it produces. Political correctness trickles down to a bitter comparison of two evils.

In promoting the use of inclusive rhetoric, political correctness discourages authentic political discussion, as people are fearful of saying the 'wrong' thing or expressing their opinion in a manner that accurately reflects how they feel. Political correctness cultivates expectations only those with the privilege of higher education can comfortably

engage with. Those without access to similar educational resources are forced to accommodate others' privilege, or are forced to publicize their lack of academic experience.

We have to ask ourselves which is worse: discouraging conversation that publicizes thoughtful confrontation — the raw emotions of the differing opinions — or holding high linguistic expectations which may end this (necessary) discussion altogether?

The unanticipated results of the election provoked a hunt for explanations. Many believe in the 'undereducated masses'

theory — voters responded to the accessible rhetoric of one candidate and arguably disregarded its content after hooked by its delivery — and if agreeing with this theory, isn't clear and authentic communication our most immediate necessity?

American journalist and creator of Gonzo journalism, Hunter Thompson, helped administer candid discussion of political controversy. Gonzo Journalism is a style of journalism that functions through an appeal to subjectivity, contrary to journalism's traditionally objective aim. Through this approach, Hunter Thompson cultivated a reputation as a drug fiend of unprecedented genius and ability to identify bullshit — political environments have a tendency of breeding wildly inaccurate and irrelevant accusations, the public voluntarily eats up. Writing for Rolling Stone Magazine, Thompson produced iconic work such as the following: Fear and Loathing on the Campaign Trail '72 (Nixon vs McGovern) and Fear and Loathing in Las Vegas.

In his "Generation of Swine: Tales of Shame and Degradation in the '80's", the Gonzo journalist expressed the polarizing effects of preaching what's right and wrong.

"There are times, however, and this is one of them, when even being right feels wrong," Thompson said. "What do you say, for instance, about a generation that has been taught that rain is poison and sex is death? If making love might be fatal and if a cool spring breeze on any summer afternoon can turn a crystal blue lake into a

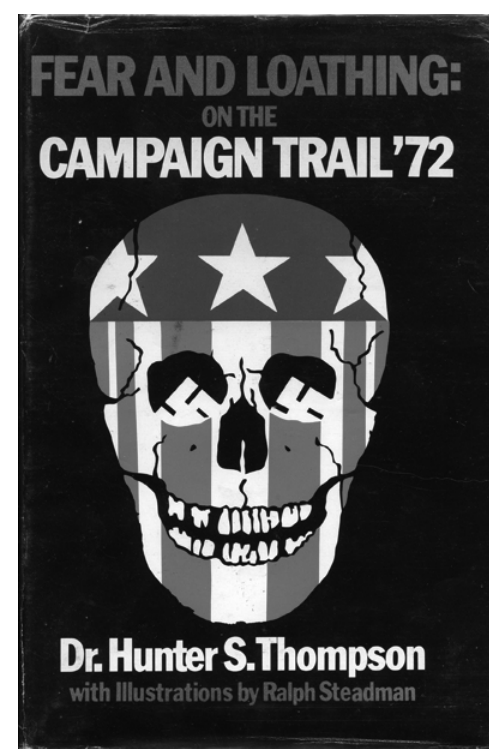


PHOTO COURTESY OF WIKIPEDIA COMMONS

puddle of black poison right in front of your eyes, there is not much left except TV and relentless masturbation. It's a strange world. Some people get rich and others eat shit and die."

When political correctness is poison, kindness equates to death and the socially constructed reasoning we implement as means of guidance, blindly leads us down a path of degradation.

Where I don't discourage the use of political correctness, if distancing ourselves from the personability of government-oriented change — choosing to take life less seriously — we can uncover and cultivate unity.

Hunter Thompson circa 1977, five years after reporting the presidential election for Rolling Stone.

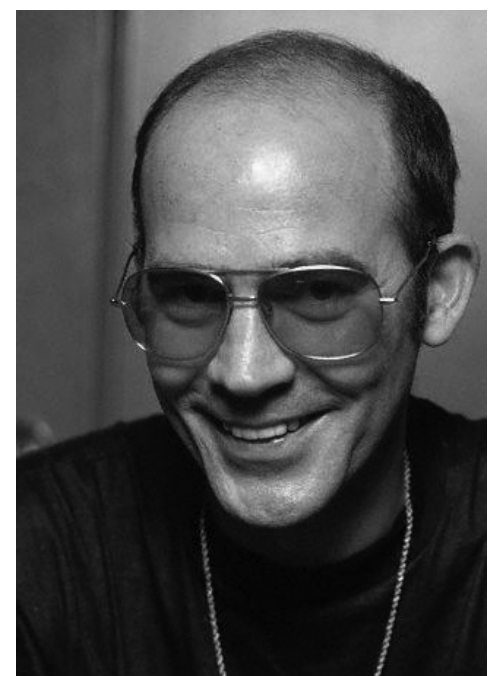


PHOTO BY LYNN GOLDSMITH



PHOTO COURTESY OF WIKIPEDIA COMMONS

"If you graduate with a degree like women's studies or philosophy and expect a high paying job and flexible hours, you might be a snowflake."

-Tomi Lahren, conservative online video host, outspoken critic of "political correctness"

The Happy Trail is The Trail’s weekly sex column that seeks to inform the community on issues related to sexuality and gender by addressing these topics in an education-based way. Our mission is to make the campus a safer place by normalizing and demystifying topics like safer sex practices, sexualities, kinks and polyamory, while shedding light on topics like trans rights, sexual and domestic violence, gender inequalities and intersectionality. Happy Trail correspondents are not medical professionals; if you have a medical concern contact CHWS or a local clinic. Otherwise, direct your sexuality and gender questions to trailbeyyou@pugetsound.edu. Respond to Happy Trail articles in the form of a letter to the editor sent to trail@pugetsound.edu.

The truth behind menstrual cramps

What really causes them, and why what helps helps

By Emma Holmes

Menstruation. Also known as ‘Shark week,’ ‘time of the month,’ ‘monthly gift’ (or my personal favorite, ‘parting the red sea’), menstruation comes with all sorts of socialized norms and subsequent misunderstandings. I can attest that personally, getting my period came with more information on how to subtly carry a tampon than on what was actually happening to me.

So, nearly a decade of on-and-off menstruation, several birth control switches, and the dawn of sexual activity later, and I’m still riding on a cloudy memory of seventh grade health class to visualize my monthly moment. Because of some bummer genetics, I’m a master at treating torso-splitting, deep achy cramps that show up for those few days each month.

I tote clary sage, heating pads and ibuprofen. I know helpful yoga poses and massage techniques to ease grimace-worthy twinges. Still, some people’s cramps are even worse and can be completely debilitating for several days per cycle, coming with other side effects like vomiting, diarrhea and fainting.

However, I couldn’t tell you what is rattling around in my abdomen to cause so much pain. So, what are menstrual cramps?

First, some popular misconceptions:

1. *Cramping is the uterine lining peeling from the walls and being discharged.*
2. *Cramping is the pain of your uterus contracting.*

In order to shed its lining each month, the uterus contracts, because it’s an organ with lots of strong muscles. However, the pain is not simply from a contracting muscle. All our other muscles expand and contract with minimal normal pain, so this doesn’t help us justify heating pads and Midol.

Period cramps, like most things, are actually a

combination of factors. When it’s time to part the red sea, the body releases a hormone-like compound called prostaglandin which begins to contract the uterus. This chemical also has a role in pregnancy as it helps induce birth near term as well as softening and dilating the cervix. It is the major active ingredient in the “abortion pill” known as mifepristone or RU-486, effective in inducing birth before seven weeks.

Basically, higher levels of prostaglandin cause the uterus to contract more strongly, which can crowd blood vessels supplying oxygen to the uterus. The pain we are so good at dealing with (or ignoring, or just suffering through) is actually caused by a brief oxygen deficiency in our muscles.

This is the reason heating pads, warm baths, and Advil work so well. By encouraging blood flow through the abdomen, you’re pushing oxygen back to these areas. Clary sage works as an antispasmodic and hormone balancer, which dually works to temper prostaglandin levels and release tensed muscles, among its countless other properties. Similarly, ibuprofen (the active ingredient in Advil, Motrin, Midol and others) blocks the production of prostaglandins. It does not thin blood significantly, as is commonly believed.

As a side note, potassium will likely not help significantly with menstrual cramps like they do with leg cramps, because that relief is based on sodium and potassium ions or electrolytes controlling muscles’ contracting and releasing.

Seriously debilitating menstrual cramps may also have other underlying causes such as polycystic ovary syndrome and endometriosis, which are more complicated and more serious than typical chemical and hormonal cycles.

So, now I (and maybe you?) can complain about cramps fully educated and fully justified. Next time someone asks why we’re grimacing, we can respond fully informed about our clenching anatomy.

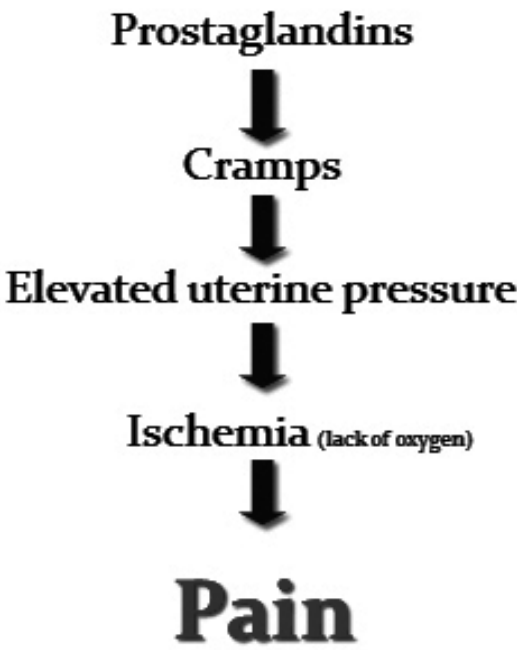


IMAGE COURTESY OF AURORAFOREVERYONE.BLOGSPOT.COM

CORRECTION: In last week’s article about discounted menstrual cups, we neglected to mention that the project was funded through the ASUPS Green Fund. If you have your own sustainability project idea, look for the posters around campus, or visit <https://asups.pugetsound.edu/about/funding/green-fund>.

Love Your Body Week seeks to counter social self-hate

By Nayla Lee

‘Miracle products’ advertised through a variety of avenues prey on the insecurities of consumers in order to make a profit. Industries based on the destruction and reconstruction of self-esteem have sprouted and flourished. Words like “problem areas” and “flattering” are coded language, indicating that there is something fundamentally wrong that should be corrected immediately.

Socially-constructed standards of beauty, allure and gender have created markets for countless products, and not just for women. The market for ready-to-drink sports protein powder in the United States alone was at 4.7 billion dollars in 2015, and Statista forecasts that by 2020, it will reach 7.5 billion dollars. According to a report by Allied Market Research, the market for the shapewear industry (which includes products such as Spanx) is expected to reach over 5.5 billion dollars by 2022.

These products are advertised through traditional methods like commercials, as well as more modern techniques like social media posts and celebrity endorsements. Statistics aren’t available for the amount that the Kardashians get paid to advertise products such as waist trainers (read: corsets), hair growth supplements and weight loss teas, but the reality stars are not posting these over-the-top testimonials for free. Neither are your favorite beauty Youtubers.

The messages these advertisements send are clear: their bodies and lifestyles are their brands, and for just a few easy payments, those bodies, those lifestyles, can be purchased. The ubiquity of products like beard supplements, skin bleaching creams, hair relaxers, mail-order diet delivery services, stretch mark cream, and even perfumes

and colognes has made these messages inescapable. And who is profiting off of the insecurities they instill? The companies who have spent years quietly convincing consumers that they can attain a perfect life with just the swipe of a credit card.

In order to combat the destructive undertones of these messages, the University of Puget Sound’s chapter of the National Alliance on Mental Illness (NAMI) has launched Love Your Body Week, from Monday, Feb. 20 through Friday, Feb. 24.

“The goal of Love Your Body week is to bring awareness to eating disorders, taking care of one’s physical and mental health and learning to love ourselves,” President Anna Goebel said. The club hosted an open mic night on Wednesday, Feb. 22 to give students a space to share stories of their struggles with body image and mental health, and

had a Counseling, Health and Wellness Services (CHWS) nutritionist intern speak about intuitive eating, health at every size and positive body image on Thursday.

These events precede National Eating Disorder Awareness Week, which is from Feb. 26 to March 4.

If you would like to get involved in NAMI, which works to create an inclusive campus for students struggling with mental health issues through awareness and education events, the club meets on Thursdays in McIntyre from 7-8 p.m. You can like them on Facebook (National Alliance on Mental Illness at University of Puget Sound) or follow them on Instagram (@namipugetsound).



IMAGE COURTESY OF NAMI.ORG

Crawford leads the way for LGBTQ college presidents

By Alyssa Danis



When the LGBTQ movement started in 1924, there were no out presidents in Higher Education, let alone any other profession. However, a multitude of organizations have been formed since then, each with a unique focus to achieve equality for the LGBTQ community, many of them working to make it possible for LGBTQ people to hold high positions in society. One specific group, The LGBTQ Presidents in Higher Education, “endorses the hard-fought gains for equality, and the necessity of continuing advances, for LGBTQ people in the United States — including those of [all] students, staff, and faculty,” according to their website’s mission statement (lgbtqpresidents.org).

When the organization was first forming in 2010, they had about 25 presidents. In the past seven years they’ve seen a 59 percent increase in the number of registered out and proud presidents and chancellors, coming to a total of 62 including University of Puget Sound’s President Isiaah Crawford.

Crawford is also a host for the LGBTQ Presidents in Higher Education’s third annual Institute Removing Barriers and Building Pathways. The conference will be held this June 23 though 25 in Seattle. “We are excited about the 2017 Institute. The mayor of Seattle, Ed Murray, will offer remarks and we have outstanding keynote speakers and an array of plenary and discussion sessions planned that will address a variety of current issues in higher education. It should be a great experience for all who can attend,” Crawford said.

On campus, President Isiaah Crawford has the chance to ‘Remove Barriers and Build Pathways’ on a daily basis within the campus community through his position as LGBTQ administrator. Two Puget Sound sophomores were asked to reflect upon what it means to have an openly gay campus president, and what his responsibilities are.

“It’s nice to have someone leading the campus who understands LGBTQ issues

personally. Hopefully it’ll make him more receptive to helping people who experience discrimination and injustice on this campus,” Thomas Aquilina said.

Abigail Bidegain added, “Having a gay president means that I feel fully supported at this institution as a queer individual. It is a symbolic representation that my voice will be heard and my identity will be recognized here.”

President Isiaah Crawford uses his position to inspire the campus community, including the two previously-mentioned students, as well as other academic professionals. “Over the years, I benefited mightily from the guidance and mentorship I received from others. As a consequence, I feel that I have a responsibility to try to do the same for other young LGBTQ higher education professionals, and this organization provides me with a wonderful opportunity to do so,” Crawford said regarding his affiliation with the organization.

According to Crawford, “The mission of the organization seeks to advance effective leadership in the realm of post-secondary education, support the professional development of LGBTQ leaders in that sector, and provide education and advocacy regarding LGBTQ issues within the global academy and for the public at large.” The organization’s values appear to be in line with Crawford’s, the needs of the two previously-mentioned students and the rest of the campus community.

Registration for the conference is available to students and faculty in the LGBTQ community on lgbtqpresidents.org.



Brewing youth voices: spoken word at B Sharp

By Parker Barry

“The only agenda is truth, the only bend is truth, the only angle is truth,” Jayden McGrue, a sophomore at Tacoma School of the Arts and spoken-word artist, said. Last Wednesday Feb. 15, B Sharp cafe hosted Brewing Youth Voices, a spoken-word event. The event was sponsored by Vibrant Schools, a community-based organization that acts as an advocate for students of color and students impacted by poverty.

“This event was spectacular because it highlighted young voices. Youth have so much talent and creativity. All they need is support and a platform to shine,” Justina Johnson, an audience member and youth education activist, said.

During the event each table had some note cards and markers set out so that between performances the audience members could write how the performance affected them emotionally. The audience members were given the chance to have a dialogue about race in a comfortable and loving space.

There were questions and prompts that helped guide audience members to foster an intellectual and compassionate dialogue. This event allowed people of different races and ethnicities as well as people from different cultures to exchange experiences in a productive way.

“Humans are social; we respond very well to verbal face-to-face interaction. I believe spoken-word and poetry is an ideal medium for conveying these issues of race and culture,” McGrue said.

The performers used art as an avenue for communication — to bring out underrepresented issues that face America’s youth. Many of the performers

discussed the culture of colorism and identity politics. They talked about the pain of being uncomfortable in one’s skin and having to come to terms with one’s own identity and being proud of not conforming to dominant white culture.

“Let’s have the youth speak for themselves. They need some guidance and some opportunity to be empowered, but once they have that, they have the motivation to speak up for what they are passionate about,” Kimi Irene Ginn, the facilitator of the event and a member of Vibrant Schools, said.

“We wanted to use spoken-word and music to give youth a voice. Between performers we want to have a dialogue so that we can capture some of the voices other than the performers. This is a way to show you that we want you to be heard — that we care.”

The performances consisted of music, storytelling and spoken-word poetry. All the performances discussed the struggles, fears and insecurities that come with being a young person of color in the United States. The performers ranged in age from high school to college graduates but all were young and extremely passionate about using their own experiences and talents as a medium to connect with people.

“Their spoken word, poetry, and songs emphasized their experiences of coming of age as young people of color — identity, being put into categories, friendships, insecurities, assumptions and realities — it was highly impactful. Most impressive was their boldness to have the crucial, yet positive, conversations around issues of race and social justice after each performance, and their willingness to learn and teach others,” Johnson said.



PHOTO BY PARKER BARRY: Spoken word offers an avenue for expression and discussion in Tacoma community

ASUPS exec team term ends, emphasis on equity and justice remains

By Molly Wampler

“In every space that I’m in, I’m always talking about racial equity and social justice,” Noah Lumbantobing, President of the Associated Students of the University of Puget Sound (ASUPS), said in an interview.

Lumbantobing and Vice President Lydia Bauer took office in mid-April 2016 after running a successful presidential campaign based on these principles. They hired four executive team members (Andrew McPherran, Director of Technology Services; Lauren Griffin, Director of Business Services; Peyton Anstine, Director of Student Interests; and Tony Calabrese-Thomas, Director of Marketing and Outreach) and got to work.

Now as the team’s term draws to an end, Lumbantobing reflects on the term and considers the legacy he is leaving behind; hopefully, it will be “a legacy of focusing and pivoting towards race and social justice,” he said.

“After I gave my first speech as ASUPS president ... several [upperclassmen] students of color came up to me ... and they said that that was the first speech they felt had resonated with them in their entire time at UPS,” Lumbantobing recalls. “[That] speaks to our campus as a campus embedded in white supremacy, but also made me feel very proud about being able to be that for students of color.”

Looking back on his term, Lumbantobing is most proud of “the ways in which we have demonstrated and lived the ways in which an institution can center equity in your everyday practice.” One way the team attacked this issue was through finances.

Because of the budgetary influence held by ASUPS, Lumbantobing and Bauer made it a priority early in the term to reshape the budget to focus on the issues of equity and justice. In an Apr. 14, 2016 letter to the editor of The Trail, the pair explained the effects that the University’s yearly budget has on students.

“The University has made it clear to us that our pain is not their priority,” the letter read. “A multiple-week wait time in CHWS [Counseling, Health, and Wellness Services], stretching to six weeks at times, does not indicate a priority. A near-unchanging number of Black-identifying students attending our University since 1980, hovering around two to three percent, does not indicate a priority. Students of color who feel alienated by our campus do not indicate priority. Trans and queer students consistently feeling unsafe with our faculty and peers do not indicate a priority.”

Lumbantobing and Bauer quickly followed through with the proposal outlined in the letter. “Our budget is almost \$600,000 ... and it’s hard to carve out money for certain things,” Lumbantobing said in a recent interview. “And yet, Lydia and I carved out \$30,000 for scholarships, and \$10,000 for CHWS. We weaseled our way and figured out

ways to support students of color.”

The Expressions Fund, created last year by past ASUPS President Nakisha Renee Jones, is a grant program for students to get funding for expression projects inspired by inclusivity or personal identity and is now in action. This Fund, Lumbantobing notes, supplements the ASUPS’s budget, and helps support school-wide equity programming.

Anstine oversees the application process for the Expressions Fund, as well as for the Green Fee, a similar program funding sustainability projects. “There was great deal of intentionality that went into how ASUPS effectively uses the student government fee to best help the campus community,” Anstine said.

“The University always drags its feet about finding funding for projects that support racial equity and social equity,” Lumbantobing said. “It’s sassy, but one of the favorite things I’ve done ... with my administration is really proving to the University that [finding funding] is not that hard if you have a willingness to center it.”

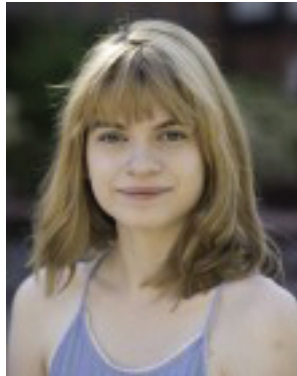
Calabrese-Thomas agrees. “The executive team is working towards the common goal of uplifting underrepresented voices on our campus,” he said. This is upheld by student activism on campus as well, according to Lumbantobing. “I am proud of the ways in which the student body has pushed for the conversations,” he said.

Calabrese-Thomas and Anstine also collaborated on the creation of a new series of articles on social justice recently added to the ASUPS website, titled Expanding Consciousness. “The resources below were curated by students, faculty and staff at Puget Sound and serve as a starting place for you to engage in these difficult conversations,” the page reads. “No judgment, just learning.”

“Oftentimes it can be intimidating to engage in social justice-oriented dialogue,” Anstine said. “But they are really important conversations that really require everyone’s participation.” The website is a way to broaden these conversations.

“ASUPS has tried to model for the University what equity looks like, and what a focus on racial justice looks like,” Lumbantobing said. He sees ASUPS as a powerful voice for the student body, and hopes future executive teams will continue to focus on equity and justice.

“If they are able to [center equity and justice] in spite of how difficult it is,” Lumbantobing said, “I would be more than pleased.”



expressions fund

The Expressions Fund was established in 2016 to support students seeking to improve the campus climate as it relates to the inclusivity of student identities, particularly, but not limited to; race, gender identity, sexuality, ability, class. Projects that seek to raise consciousness amongst the student body, develop allies, and express self-identity are encouraged.

The fund should be utilized as a resource for students, either individually or collectively, who have relatively concrete ideas for a project.

Up to \$2,000 may be requested.

Before you apply

Please contact Director of Student Interests Peyton Anstine to discuss your project at asupdsi@pugetsound.edu

Find the application at asups.pugetsound.edu/about/funding/expressions-fundx



applications due March 6

race

ability

class

gender & sexuality

green fund

The Green Fund was established in 2013 as a way to support students seeking to implement projects improving campus sustainability. ASUPS recognizes the urgency of climate change, and the necessity to work towards improving sustainability. As such, this is a means by which ASUPS can directly support and encourage involvement with sustainability and environmental justice.

The fee should be utilized as a resource for students, either individually or collectively, who have relatively concrete ideas.

Up to \$10,000 may be requested, but smaller projects are encouraged.

Before you apply

Please contact Director of Student Interests Peyton Anstine to discuss your project at asupdsi@pugetsound.edu

Find the application at asups.pugetsound.edu/about/funding/green-fund



Applications due March 6

Women's basketball continues historic season

By Tayla MacPherson

On the weekend of Feb. 11-12, the Puget Sound women's basketball team competed against Whitman and Whitworth. After winning both games, the team clinched the Northwest Conference title.

The Loggers struggled against Whitman, tying at the end of the fourth quarter, forcing the two teams into overtime. The Loggers ended up winning by seven points in overtime (89-82).

Sophomore Jamie Lange (Lake Tapps, Washington) discussed the importance of the women's basketball team's coaching staff when falling back late into a game. Lange states, "There has never been a point in the game when we play not to win, one main reason being our coaching staff has never given up on us. There have been games when we have gone down 10-2 in the first quarter, but our coaches continue to motivate and push us to regain a lead."

On Saturday, the team went up against Whitworth (overall 10-13) and beat the Pirates by 20 points. Although these Lady Loggers still have one upcoming game, winning against the Pirates and the Missionaries promised them the Northwest Conference title. Senior Alexis Noren (Milwaukie, Oregon) explained the emotions she had after beating Whitworth knowing the team had clinched the conference title for the first time in

Logger history.

"I am just extremely proud! I am proud of the level of poise, confidence and maturity we play with every night. With only four upperclassmen I didn't expect this much success ... but we came together very quickly and once we started winning games we weren't expected to win, we knew we had a lot to prove being picked to finish third in conference. And I think it's safe to say we've proven ourselves thus far," Noren said.

The women's basketball team has gone undefeated this conference season, giving them a strong start to continue into conference tournament later this February. Sophomore Elisabeth Prewitt (Snoqualmie, Washington) believes the team is extremely ready to compete in the conference tournament.

"I think we are feeling confident coming off such a great conference season. I think it's always tough to beat a team three times in a season and against such tough opponents, but hosting and playing on our home floor is huge for us so I would say we are confident and just over really excited," Prewitt said.

This young team holds an incredibly deep bench, making them unstoppable this season. Noren explains the benefit of having not one specific standout player on their

squad. "We've always had talented upperclassmen on the team, but I think the kicker this year has been how much our underclassmen have stepped up. Our two leading scorers are sophomores, and we have a girl with [first-year student] eligibility leading the team in rebounds. Those kinds of numbers from the younger girls make us pretty tough to beat; you try to take one or two girls away and we have three more right behind them that will step up and get the job done," Noren explains.

The team is 15-0 in conference after playing Pacific Lutheran University on Feb. 14, beating the Lutes on their home court 91-60. The women's team continues to improve their overall statistics in the conference, with the second highest points per game by an individual at 17.5. The team also holds the second-best rebounds by an individual in conference at 8.5 per game. It is safe to say this talented group of women is creating history.

The team had their final conference game Feb. 18, against Pacific University (Oregon). The following Thursday (Feb. 23) the team will start the conference tournament against the fourth-ranked team in the Northwest Conference.

Women's lax opens up with strong win

By Gabi Marrese

The women's lacrosse team started off their season on a high note. They faced the University of Texas-Dallas from Irving, Texas. The Loggers have seen the Crusaders twice in school history and won both appearances.

The Loggers' returning players include 2016 All-Northwest Conference Second Team players senior Hailey Shoemaker (Portland, Oregon) and junior Roxanne Krietzman (Minnetonka, Minnesota), as well as 2016 All-Northwest Conference First Team player senior Elena Becker (Bellevue, Washington). The team adds four new first-year students to the team as well.

"This year, as in the past, we've been fortunate to see a strong [first-year student] class come in. It's been great to welcome them to the team and I'm looking forward to watching all our [first-year students] be successful at the college level this season," Becker said.

During Saturday's game, senior Meghan Bacher (Carlsbad, California) scored five goals. Two of those goals were in the four-to-nothing lead the Loggers took in the first ten minutes of the game.

Krietzman tied the lead with five goals for the Loggers.

The Crusaders were able to tie the game before going into the halftime break. The Loggers came out of the break scoring three consecutive goals to take the lead once again. They stayed in control for the rest of the game and closing out the win with three unanswered goals with six minutes left.

"Going into the first game we really focused on team dynamics and playing together, making good connections in the midfield and working well together on attacks,"

head coach Carrie Sabochik said.

The team seemed to put the information they practiced into their play along with creating turnovers. The Loggers forced 26 turnovers while taking 35 shots on goal.

First-year student Charlotte Donelly (San Diego, California) had her first career start. She recorded three saves in the win on Saturday.

The Loggers continue to take on teams from the Southwestern conference, along with Dallas and their own Northwest Conference match ups.

"I always feel lucky to play lacrosse at Puget Sound but it's been especially special to play all four years with such wonderful teammates. I'm really looking forward to getting to do that one more time," Becker said.

As seen in the first game's outcome, the Loggers have put a lot of work in on the offseason.

"A lot of the preparation for the 2017 season started before we even got back to campus. Our team put in a lot of work on fitness and stick skills over break, so that has made it easy for us to jump right into spring practices where we've been focusing on skills like team defense, midfield transitions and attacking formations," Becker said.

The Loggers will continue their season with a game against Alma at home on Tuesday Feb. 28 at 4 p.m.

"This season we are hoping to continue to build on the success we had this weekend. It's great to start the season off with a win; it builds morale, but it's important for us to continue to push and continue to improve. We are excited for the season ahead," Sabochik said.



PHOTOS BY PRESLEY REED

Logger softball looks to make strong impression

By Will Keyse

The Puget Sound women's softball team is off to a strong start this season, going 3-3 on their recent road stint in California. The Loggers split series with Pomona-Pitzer College (Claremont, California), Chapman University (Orange, California) and Occidental College (Eagle Rock, California).

After ending last season with a 10-28 record (4-24 in conference play), Puget Sound looks to make a statement this season. With little turnover after last season, the Loggers are looking to be a tighter-knit group and come out firing on all cylinders. Senior Kristi Nagamine (Honolulu, Hawaii) is looking forward to the season, and she senses something different about this year's squad.

"This year our team holds a higher sense of competition and consistency," Nagamine said. "Our main goals are to put up crooked numbers on the scoreboard while playing tough defense behind our pitcher. Our team consists of 14 players, so each individual is valuable during this 40-game season. Depth-wise, our only loss was senior Kayla Andrus, who could hit, pitch and play the field consistently, but we have a group of freshman coming in that are exciting to watch. Kaitlyn Webster (Edmonds, Washington), Jenna Llamas (Cerritos, California) and Marissa Oda (Honolulu, Hawaii) are all confident, mature and gritty. I see great leadership potential in all three of them."

Junior Amber Popovich (Mililani, Hawaii), echoed the sense of improved competitive spirit and depth.

"I think there's a greater level of intensity," Popovich said. "We have more positional depth this year, which pushes everyone to be the best softball player they can be every practice. With the six preseason games we've had, I have definitely seen it translated in games. Every season we talk about finding that happy medium between having fun and staying loose but also staying focused and I think we've finally found it."

According to Nagamine, the area in which the Loggers have shown the most improvement is on the offensive side of the ball.

"We have made huge strides offensively," Nagamine said. "This team has a ton of confidence in the box, whether we're executing a bunt or trying to drive in runs. Even when a player gets behind in a count, she continues to swing with grit."

Popovich lauded the veteran leadership present on the team in addition to the strong first year class:

"There are two players who deserve the most recognition: Jaci Young (Aiea, Hawaii) and Kristi Nagamine," Popovich said. "I don't even know where to start ... In my opinion, these two are the heart of this program. They have worked so incredibly hard over the past three seasons and leading up to their last. They both have such

an important presence on this team — their leadership has really brought us together on and off the field. Jaci will always rise to the occasion. She carries excellent composure in the circle and has great control over her pitches. In the box, she packs a punch behind her swing. Kristi's speed makes her dominant on both offense and defense. She can cover a lot of ground in the outfield as well as around the bases. Her ability to execute the short game and also hit for power makes her a vital asset to the lineup."

Early season offensive statistical leaders include junior Jessica Gott (Lynwood, Washington) with a batting average of .421, Kaitlyn Webster with four runs batted in (RBI), and senior Jaci Young with 22 plate appearances. On the defensive side of the ball, Jaci Young, Jessica Gott and junior Erica Gott (Lynwood, Washington) have all pitched their way to wins.

The Loggers continue their campaign this weekend with four games against Willamette University (Salem, Oregon), their second conference matchup of the season. Last season, Willamette swept Puget Sound in four games, so the Loggers will be looking to take back a couple victories from the Bearcats. Both doubleheaders, Saturday Feb. 25 and Sunday Feb. 26, kick off at 12 p.m. at the softball field.

Sports Recaps

By Zac Fletcher

WOMEN'S BASKETBALL

The Loggers made history on Feb. 18 with a Saturday night 76-67 win against Pacific on the road. In the final game of the regular season, the team finished undefeated in conference for the first time in school history. Samone Jackson added to the record-setting night by finishing the regular season with 79 three-pointers, surpassing the previous record of 78 set by Kilty Keaton during the '05-'06 season. The Loggers were led by sophomore Elizabeth Prewitt's 22-point game and a fifth consecutive double-double by sophomore Jamie Lange. With a 16-0 Northwest Conference record and a 24-1 overall record, the Loggers clinched the No. 1 seed for the upcoming NWC tournament. The Loggers host Lewis and Clark on Feb. 23 at 7 p.m. for the first round of the NWC tournament.

MEN'S BASKETBALL

The men's basketball team finished off its season with a 76-70 loss at Pacific on Feb. 18. Senior Kyle King led the team with 20 points and recorded his first double-double of the season. Senior Kohl Meyer added 14 points and five rebounds. The second half was a back-and-forth battle between the Loggers and the Boxers. With less than eight minutes on the clock the Loggers were up 65-62, but they were unable to keep up with Pacific. The Loggers finish 5-11 in NWC play and 12-13 overall on the season.

TENNIS

Both the men's and women's tennis teams lost to Linfield on Feb. 18. The top three singles players on the women's side played close matches that came down to the wire. First-year student Lisa Owen lost two sets (6-4, 6-4) and sophomore Nicole Bouche and senior Elizabeth Chao both fought hard but ending up losing in a close game (7-5 for both games). On the men's side first-year Graham Byron and sophomore Rajan Grad-Kaimal won in singles play. All three doubles matches on both the men's and women's sides ended in Linfield victories. The women's team takes on Air Force Feb. 24 next at home.

BASEBALL

The Loggers opened up conference play Feb. 17-19 at home with a three-game set against Pacific Lutheran. The Loggers lost won first of three against PLU 5-2 with an eight-inning three-run rally. Sophomore Connor Dunn went 2-for-3 and recorded three RBI in the loggers late game victory. The Saturday game went to PLU, as the Loggers committed five errors and scored just three points to PLU's 16. The rubber match went to PLU 1-0 on Feb. 19. Despite a strong 6.1 innings from sophomore Tyler Huling, the Loggers were unable to bring runners home despite junior James Dejesus' 2-for-4 game including a first inning two-out double. The Loggers are set for a non-conference series at Claremont M-S next on Saturday Feb. 25.

Puget Sound women's ultimate team competing for nationals once again

By Zac Fletcher

To some people, ultimate frisbee is a sport synonymous with the liberal arts college lifestyle. It's a game viewed as less demanding, less involved and less exciting than other sports. Ultimate frisbee is often overlooked in the sports community and on campus.

Those who think less of ultimate frisbee have clearly never played the sport, nor have they been a part of an ultimate team. It's possible they've never even seen a game or tried throwing a disc before. But above all, those who think ultimate isn't a sport have clearly never seen or heard of the women's ultimate team here at Puget Sound: Clearcut.

One of the most important aspects of ultimate frisbee is the community, and Clearcut players speak highly of the welcoming ultimate community here at Puget Sound. "The ultimate frisbee community at [Puget Sound] is unbelievably positive and welcoming," senior captain Ellen "Cady" Kalenscher (Portland, Oregon) said. "Everybody is also incredibly supportive, whether it's watching the men's team when they have a tournament or game and we don't or attending other events that our teammates are participating in."

Senior captain Ellie Engel (Seattle, Washington), speaks of the changed tone of the ultimate community and how Clearcut has played a role in that: "When I was a [first-year student], ultimate frisbee was not a supportive environment, and now both the men and women's team have created a community that is nothing short of a family." Family really does come first on the ultimate field and the senior members of Clearcut share a common thought of inclusivity and openness. "We want everyone to feel like they can approach anyone on either team for help or support, no matter what," senior Sarah Ciambrone (Redwood City, California) said.

In addition to the rise of a positive ultimate community here on campus, Clearcut has been on a rise of their own. The team competed at the Flat Tail Open in Corvallis, Oregon last month, and the Stanford Open in Morgan Hill, California back in early February. Both tournaments went well for the women's team, and the two successful events bode well for their ranking and, more importantly, their positive spirit.

"We wound up finishing fourth at Stanford Open, which was very exciting for an early tournament that involved both DI and DIII teams," Kalenscher said. Not only did the team play well, but Clearcut also won the tournament's Spirit of

the Game award, an idea in ultimate frisbee that emphasizes sportsmanship, fair play and fun.

One of the biggest wins for the team at the Stanford Open was against an old foe: "Our biggest victory was beating Carleton Eclipse, who won Nationals last year," Engel said. Clearcut lost to Carleton at last year's nationals, ending their extremely close bid to win it all.

But that loss last year didn't bring the team down. It only fueled them.

"We have all been able to reflect on what we did last year, what worked and what didn't, and make those adjustments for this season," Ciambrone said. "We've definitely approached the semester with a higher intensity than years past, because our goal is not only to make it to Nationals, but this year we want to win," Kalenscher added.

Puget Sound alumnus and Clearcut coach Spencer Sheridan adds to that energized spirit for this year's team. "We lost in the semifinals to the eventual champions, Carleton, and I hope that it lights a little fire under us."

Sheridan also has much praise for the team's ability to play at the highest level and have a lot of fun while doing it. "They do a great job of intermixing sideline dance sessions with layout Ds and beautiful hucks."

When asked for one word to describe the team, the senior players and Coach Sheridan all describe different aspects of the multi-faceted team that is Clearcut.

"Spirited," Engel said. "Determined," Ciambrone said. "Passionate," Kalenscher said. "Grit," Sheridan added.

To all those naysayers about ultimate frisbee: go watch Clearcut play. Go watch their spirit, go watch their intensity and go try to throw an effortless 60-yard "huck" like Engel or Kalenscher.

It sure does appear that Clearcut has what it takes to make it to the highest level. They've got the talent, they've got the spirit and they've got a great ultimate community behind them here at Puget Sound.

Puget Sound ultimate is driven by Clearcut's high quality of play, fun spirits and outstanding sense of community.

Nationals are on the horizon and the ladies team surely has all of Puget Sound standing behind them. It's time for this team to get the recognition it truly deserves. As their cheer goes: Wut, Wut, Clearcut.



PHOTO BY PAUL GILBERT-SNYDER

Exploring Tacoma's urban wilderness

By Grace Piccard

The mountains of western Washington might still be snowbound — and will remain so until much later in the spring — but there are ample opportunities for adventure within the city limits of Tacoma. There's no need to pile into the car and drive several hours to find the great outdoors; Tacoma might seem like just an industrial sprawl, but urban wilderness abounds within the city for those who care to seek it out. Although it's difficult to beat the majesty of Mount Rainier or the lush beauty of the Olympics, Tacoma is home to its own little slices of wild paradise.

Point Defiance, the nation's second-largest outdoor park, offers countless opportunities for cold-weather activities. Dedicated beachcombers can brave the chilly weather to find smooth rocks, shells and even sea glass. Over five miles of trails wind gently through the park, providing opportunities to get up close and personal with the local flora and fauna. The piercing cries of the park's resident bald eagles can be heard throughout the 400-acre old-growth forest that makes up the northern point of the park. The winter months are also a good time to spot migrating California sea lions as they frolic in the Tacoma Narrows.

On Feb. 25, Metro Parks Tacoma will host a guided Tree Walk through the old-growth forest. Participants will learn about the biology of the forest as well as its natural history.

Visit the Metro Parks' website (metroparkstacoma.org) for more information as well as other upcoming events.

Wright Park, located a few blocks from campus, is the ideal place for a quiet weekend stroll. The 27-acre park is home to more than 600 trees, as well as a picturesque duck pond and playground for your inner child. The W.W. Seymour Botanical Conservatory displays hundreds of exotic plants in a beautiful greenhouse constructed in 1908. The Conservatory regularly hosts events like guided meditations and live music.

For those seeking more of a challenge when it comes to outdoor recreation, several Tacoma venues offer kayak rentals through the winter months. Paddle the calm waters of Commencement Bay and get to know the seals, seabirds and fish that call the Puget Sound home. Massive — and harmless — moon jellies can be seen drifting on the tides. If you're lucky, you might even see some of the Puget Sound's resident orca whales as they hunt and play.

Whatever outdoor adventure you choose, you'll be getting to know Tacoma's urban wilderness and develop an appreciation for the natural world in your own backyard. Living on

a campus as visually appealing as Puget Sound's can dull the eye to the astounding beauty of enormous old-growth trees and even a precious glimpse of Mount Rainier, which makes exploring Tacoma's abundance of local wilderness even more important. Just remember to bundle up — and don't forget your raincoat!

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The rise of 'offbeat' campus tours

By Pagliaccio

After a rousing round of protests, the Campus Visit Program (CVP) hopes to showcase a variety of the Puget Sound campus on their new series of tours. Student activist Bobby Furth occupied the CVP offices until they capitulated to his demands. "There are almost one hundred acres of campus, yet we only show visitors a fraction of the sites. What do we have to hide?" Prospective Student Program Administrator Joanne Prince admits that since the CVP split their tour into two hour-long options — academic and residential — the demand kept growing. "Prospective students and their families went through one tour, then the next, and they simply couldn't get enough! The combination of Furth's demands and popular support encouraged us to think outside of the box. I think the creativity and fun we have in creating these new tours only encapsulates the spirit of play at Puget Sound," Prince said.

Prince says her favorite type of tour is the Campus House Basement Tour, known informally among staff as the Rat Safari. "Every time I lead a group through the campus basements, I find something new. In one house there was just a rope on the floor, in another there was a purple stain where the floor tilted down to a small chair. I like to guess at the stories that the basements hold," Prince said. For insurance reasons, all tour participants must wear comically large plastic ponchos when they enter the basements. One participant, Larry Jones, enjoyed his experience on the Rat

Safari. "We wanted to go on a tour of the colleges in the Pacific Northwest, my 17-year-old daughter wanted to go on the residential tour at Puget Sound, but I steered her to the house basement tours. I think we understand the seedy underbelly of this school, which is really all I need to know about a school to decide to spend my money here. Now we just have to wait until other colleges follow suit." Jones's daughter, Elaine, refused to comment but said she would not apply to Puget Sound, despite her father's insistence.

For the more adventurous, tour guide Sarah Stritch takes people around to the various alleys in the surrounding neighborhood. Stritch contextualizes each alley with the history of who loitered where for what reasons. "I also enjoy telling the tour members who peed in which alley; I think it helps them become more familiar with each alley and what they represent to the campus community as a whole," Stritch said. "It is time that we accept and fully embrace every aspect of campus life and openly show it to prospective students," Stritch continued.

Another popular tour is the gender-neutral bathroom tour, which is quick and excellent for those short on time. It also is a great exercise, due to the distant locations of each stop. CVP also offers a state-of-the-art ghost tour, in which guide Dean Browning explains the haunting memories of past love present in almost every residential and academic building. Past tour participant Michael Sondheim says,

"the tour was terrifying. Around every corner, we wondered if we would see the famed loud Patti or tacky Audra that Dean told us so much about. The tour reached its climax when Dean faced the horrific skeletons in his closet when he apologized to Amy on the quad. All of us had shivers."

More pointless tours include the best cigarette smoking locations, circling the track on Baker field endlessly, and a tour following various other tour groups on their stops. A newly introduced tour is the Crows In The Wild tour, in which the tour follows the kooky antics of birds with attitude as they fight for survival around campus.

Unfortunately, the proliferation of campus tours has also led to the popularity of counterfeit tours. Shady backdoor tours led by students wooing potential tour-goers outside of Jones Hall leave at least every half-hour. One source that declined to be identified reached out to us over telephone. "Yeah, sure, I lead some unofficial tours. Who hasn't? You gotta make some money somehow, especially since I'm spending so much money to attend this college." Some students have actually dropped out of school to solely peddle tours. Then, despite losing a dozen students to the lucrative tourguiding career, Puget Sound is seeing a sharp uptick in undergraduate applications. "You win some, you lose some," Prince concludes.



GRAPHIC BY HANNAH FERGUSON: The route of the popular "trees of Puget Sound" tour; each tour member receives an official University hammock and tests the durability and comfort of each of the seven trees during the two-hour tour. (At time of publication, no one had completed the tour without falling asleep.) "Trees of Puget Sound" begins in Jones Hall every Monday at noon, weather permitting.

Inside scoop: pack of freshman boys slowly wrangles class control from professor

By Anna Graham

Tacoma, WA. Every Thursday morning at 8:30 a.m., Professor F. N. Stein enters her classroom bleary-eyed, clutching her thin, scrabbly notebooks to her chest and toting a mug of strong coffee in her left hand. The room is still dark and empty; the click of her heels echoes across the linoleum floor as she goes to flick on the light. After arranging her things at the front of the room, she hastily pulls out her noise-cancelling headphones, seats herself cross-legged on the nearest table, and activates the guided meditation app on her smartphone.

Despite the calm of the situation — the empty plastic yellow chairs, the soft morning light filtering in through the windows — Professor Stein finds it extremely difficult to focus on the soothing voice of the British yoga guru encompassing her ears. For while the classroom now sits stoic and silent, it will not be long before these unsuspecting tables and chairs become embroiled in all-out war.

At 9:20 a.m., the first students begin filtering in through the open doorway. Scrawny, shifty-eyed, undernourished, they shuffle to their seats, avoiding eye contact with each

other. Like their professor, they are merely waiting.

At 9:27 a.m., the first few members of the Pack saunter into the room. They enter squabbling amongst themselves, and turn to occupy the seats in the far back of the room. Here, Professor Stein notes, "They're always in the back. The farther back, the better. Sometimes, they'll take empty chairs and drag them backwards if they weren't far enough already. I think they'd prefer it if we carved a separate alcove for them out of the back wall."

Entirely aware of the impending disaster ahead, Professor Stein nevertheless begins her lecture. About ten minutes pass before the inevitable happens: a Pack member raises his hand. "Yeah, I think I read an article on that last week, you know?" He begins. "Except the author was arguing that the theory you're teaching is obsolete, because new research has served to disprove it."

Stein opens her mouth to reply, but is immediately intercepted by another freshman, who has sprawled his belongings along the entire back wall. "Dude, just because some crackpot decides he doesn't like a theory doesn't mean

you should listen to him."

Another pack member jumps to the original's defense: "But in the readings we did last night, the author argued that the dominant discourse was being challenged by alternative research, which has therefore left it unstable."

Here, Professor Stein is able to briefly regain control, interjecting, "That's a fascinating analysis, Cameron. However, the author we read last night actually sought to prove the dominant narrative in the face of an alternate discourse."

There's a pause, before Cameron replies, "No, that's not what I got out of it. It definitely does not work that way."

For her part, Professor Stein admits only a weary statement of defeat. "It was a slow process," she says. "They started off meek and mild-mannered, but as the semester went on, they've managed to completely monopolize the classroom discussion. None of us can get a word in edgewise. We didn't see it coming, but we should have. I can only hope they find the debate team soon, or else they'll end up as politicians."

Gerard Schwarz Speaks on Music and Determination

By Connor May

World-renowned orchestral director and University of Puget Sound alumnus Gerard Schwarz gave audience members an inside look into his life as a music director and musician with a career spanning nearly five decades. On Feb. 15, Schwarz and his daughter Maxine Frost sat down in Schneebeck Concert Hall to dive into questions and answers about Schwarz's life.

"What's interesting about life for all of us is that we all want to make a difference ... When you want to be a musician when you're a little kid, you never think that you can make a difference. All you can think about is 'I love the trumpet. I love the way the trumpet sounds. And if there is a way that I can do that for my livelihood then I want to do that,'" Schwarz said.

So, Schwarz found trumpeting to be his calling. At the age of twelve, he became the first trumpet in the intermediate symphony orchestra at Interlochen summer camp.

"We were all miserable," Schwarz said. "But I was the best of the worst." The band at the camp played Jean Sibelius' "Second Symphony."

"That was it ... If there's a way that I can dedicate my life to this, then this is what I want to do," Schwarz said. Essentially, "Second Symphony" came to be Schwarz's

musical catalyst.

Schwarz started his professional career playing for the New York Philharmonic, and branched out into many different avenues as it progressed. He went from being a world touring trumpeter to an award-winning director, receiving four Emmys and 14 Grammy nominations. Schwarz has also worked for the Royal Liverpool Philharmonic, the Los Angeles Chamber Orchestra and the New York Chamber Symphony.

Locally, maestro Schwarz has had a 26-year tenure as the conductor and music director at the Seattle Symphony. Not only has he put that orchestra on the map, but under his leadership they have made over 100 recordings.

"[The Seattle Symphony's] amount of subscribers increased seven-fold," the evening's Master of Ceremonies said.

Not only has Mr. Schwarz done such outstanding work orchestrally, he is also notably remarkable in his efforts to educate as many as he possibly can. His main outlet for doing so is through Khan Academy.

"I do all the music for it," Schwarz said. "And to give you an idea of the impact that it has had; we now have five million students who have looked at my material for the Khan Academy. Five million."

Schwarz said that he found his life's calling in teaching. He loves being able to share his knowledge with as many people as he possibly can. He is ever grateful that he is able to do so through a genuine passion of his.

Gerard Schwarz proves to be a viable role-model for students at the University of Puget Sound in that his path to success is one achieved through hard work and persistence. He is the son of two Viennese immigrants who were very passionate about music and the arts.

"I was one of the lucky ones, because I grew up in a house that cared deeply about the arts and deeply about music. They gave me the opportunity to study music and the opportunity to go to the concerts and go to the opera and go to the ballet. It was an extraordinary upbringing," Schwarz said.

However, these luxuries did not come without a cost. His parents were both doctors who had endured many hardships in coming to the United States from Austria. They both worked full-time, and sympathy for laziness was not condoned. For Schwarz, this nose-to-the-grindstone lifestyle was all that he ever knew. Schwarz's lifetime of achievements was a product of determination and audacity.



PHOTO BY BEN VANHOUDEN

Ubiquitous They Improv Troupe Brings Laughs Every Friday

By Courtney Seyl

Every Friday in the Rendezvous room, the room attached to the Cellar in the basement of the S.U.B., Ubiquitous They (UT) improv can be found performing new and exciting scenes that are different every time. Most people may recognize UT from the sketch show that is performed once a semester; UT improv, while sharing a name with the sketch show, is different not only in the cast, but in the improvised format of the Friday performances.

Improvised theatrical scenes are scenes that are made up on the spot. There are no scripts and the improvisers rely on each other to keep the scene afloat and keep the comedy up. They get an "ask for" from the audience, something to base the scene off of, and then they are on their own to play the game.

Molly Gregory, a senior theatre major and one of the leaders of UT improv, has been on the team since the second semester of her freshman year. Since starting, Gregory has even gone outside of UT during the summer to take classes in Chicago, where modern-day improv originated.

"Improv was originally invented in Chicago to help kids learn how to play. It has evolved into an art form that takes on many shapes. The two main categories of improv are shortform and longform. Shortform focuses on jokes and longform focuses on relationships and long-term connections," Gregory said.

UT Improv performs both kinds, alternating each performance.

"Improv shows alternate from week to week, shortform improv to longform improv. Longform shows are easy because we choose two formats; there are a number of different formats of long-form. Some of the forms we perform are the 'Harold,' 'montage,' 'Event' and 'My Space,' to name a few. For long-form shows we choose which two formats we'll

be doing, then we pick players," Gregory said.

Longform improv tends to have a smaller number of players in the show because smaller shows are easier for long-form. UT alternates between six and eight for a show.

For short-form, they choose between 10 and 11 games to play. "These games are games that we've done in practice, and usually one to two games that don't require practice because there are only so many days in a week. We try to start shortform shows with a group game like My Movie or Expert Challenge. We then try to mix different types of games together for the show and to figure out a good order for them. We try to have a balanced number of naive games, scenic games and physical games. The category of game is mostly determined by where the joke lies. Does this game require a lot of big physicality from players? Then, maybe it should go after a game that's a lot of talking," Gregory said.

UT Improv currently has 16 members, including the three new ones they added this semester. New improv members are required to wait a semester before performing to build relationships with the other team members and to fully learn the games.

Improv is all about teambuilding and relying on the other people in the scenes to help keep the momentum going.

"Unlike standup comedy, improv relies on the team dynamic. Team members must work together to create scenes. Improv also doesn't have to be funny, but it often is. What I like about performing improv is the dynamic that the team has with the audience. The audience is more lenient on improvisers than many other types of comedy. After all, we are making everything up on the spot and that's some risky business," Gregory said.

UT Improv performs every Friday at 9 p.m. in the Rendezvous Room next to the Cellar.

“Protect the Sacred: Native Artists for Standing Rock” Holds Closing Reception While Pipeline Resistance Continues

By Anya Otterson



Full of colorful paintings, intricate photographs and poignant displays, the “Protect the Sacred: Native Artists for Standing Rock” exhibition at Spaceworks Tacoma truly captured the stories of Native American life and feelings that the artists aimed to convey. Organized as a response to the struggle over the Dakota Access Pipeline at Standing Rock Indian Reservation in the Dakotas, “Protect the Sacred” was a local way of advocating for the #noDAPL resistance through art.

Asia Tail, the exhibition organizer, a Washington local and member of the Cherokee Nation of Oklahoma, felt the pull to support the Standing Rock Sioux in some way in the Puget Sound area.

“Especially after the election, it was very clear in that moment that things could go very sideways,” she said.

With the results of the presidential election, Tail felt that something had to be done soon to continue the pipeline resistance movement in the Puget Sound area.

An artist herself, Tail wanted to organize an exhibition with work from Native artists. After quite a bit of reaching out within the Native community, Tail ended up with 28 Native artists who were willing and able to participate.

“I’m honored so many people said yes,” Tail said.

After quite a quick turnaround, a few weeks rather than the months it usually takes to put on an art show, “Protect the Sacred” kicked off with an opening reception at the end of December. Feb. 16 was the show’s last day, with a closing reception and art mart.

The public’s response to the art show was overwhelmingly positive, with a well-attended opening night and a lot of publicity on social media.

The goal of the exhibition was to raise money for Standing Rock, and it was successful. Around \$800 in donations and \$2000 in art sales were raised. The artists decide how much of the sales of their pieces to donate and where to donate them to; the donations generally ranged between 30 and 100 percent of the sales price.

“We had more sales than expected,” Tail said.

Lisa Fruichantie, a member of the Seminole Nation of Oklahoma and local event planner, was in charge of curating the art mart and putting together the final reception of the month-and-a-half-long show.

Similar to the exhibition as a whole, the closing reception was planned on a short timeframe. It was not originally a part of the plan.

“Much of the advertisement has been word-of-mouth and focused on quality versus quantity in providing a variety of vendors,” Fruichantie said.

Fruichantie reached out to exhibiting artists and others in the Native community and found just under a dozen vendors for the art mart. These vendors sold a variety of things, from clothes to apothecary items to prints.

In addition to organizing the final night of the

exhibition, Fruichantie was an exhibiting artist in the show. Her patchwork tapestries framed the gallery’s doors, bringing in a sense of warmth to the entryway.

“So often, when you enter a gallery space, it can feel cold or sterile, which is quite opposite of how I think of most Native art displayed or interacted with,” she explained.

Arianna Johnny-Wadsworth was a vendor in the art mart selling apothecary products. Her products, such as candles and soaps, focus on healing properties found in nature.

“I take the ancestral medicines of my people but make it more approachable,” she said.

On top of being a vendor, Johnny-Wadsworth was also a performer in the closing reception. While her business partner did more of the actual selling, she was able to perform hip-hop songs she had written as a hobby.

Her hip-hop style of music centers on social issues

and is spiritual-based. Music is something she does purely for the joy of it.

“It gets the thoughts and ideas out of my head,” Johnny-Wadsworth said.

Just because the exhibition is over doesn’t mean that the struggle against the pipeline is. Not forgetting that this is an ongoing battle is the first step to supporting Standing Rock. Holding your own events like exhibitions and rallies, supporting others in the fight and asking how you can help are all ways of contributing. Speaking up is crucial in effecting change.

“There aren’t many of us Seminole or Creeks out here in Pacific Northwest so I am proud that I can honor my tribe and also lend my talent as a fellow Water Protector to resist the DAPL and support Standing Rock,” Fruichantie said.

